

1 27. An exercise device for use in simulating rope jumping comprised of two units; each unit to
2 be held in each hand of a user; each unit comprising:

- 3 a) a handle for gripping said unit;
4 b) a first cord having a first and a second end; said first end of cord rotatably
5 attached to said handle; and
6 c) an attachment means for joining said first cord to a first loop.

7 28. The exercise device of claim 27 wherein said attachment means comprises an annular
8 shaped piece.

9 29. The exercise device of claim 27 wherein said attachment means comprises an annular
10 shaped piece having holes that accept and attach to a portion of said first cord; said first loop is
11 comprised of a second cord attached to said annular shaped piece.

12 30. The exercise device of claim 27 wherein said attachment means comprises an annular
13 shaped piece having holes that accept and attach to a portion of said first cord; said first loop is
14 comprised of a portion of said first cord attached to said annular shaped piece.

15 31. The exercise device of claim 27 wherein said attachment means comprises an annular
16 shaped piece having holes that accept and attach to a portion of said first cord; said first loop is
17 comprised of a portion of said first cord attached to said annular shaped piece; said unit further
18 comprises a second loop attached to said annular shaped piece.

19 32. The exercise device of claim 27 wherein said handle is comprised of a portion of said first
20 cord whereby a user grips said portion of said first cord.

21 33. The exercise device of claim 27 wherein said attachment means is outside said handle; and
22 said first cord extends a first distance from said handle to said attachment means; said first
23 distance is between about 1 and 8 inches.

24 34. The exercise device of claim 27 wherein the distance from said handle to the furthestmost
25 point of said first loop is between 10 to 24 inches.

26 35. The exercise device of claim 27 wherein said elongated first element is comprised of a first
27 cord; a plurality of beads surround a portion of said first loop.

28 36. The exercise device of claim 27 wherein said handle includes a tubular hand grip having a
29 passage opening at the inner end of the hand grip and a retainer in said passage of the tube; a
30 first end portion of said first cord extends through said tubular hand grip and is attached to a

bearing; said bearing is retained in said passage of the tubular hand grip between the outer end of the retainer and a transverse wall of said tubular hand grip.

37. An exercise device for use in simulating rope jumping comprised of two units; each unit to be held in each hand of a user; each unit comprising:

- a) a handle for gripping said unit;
- b) a first cord having a first and a second end; and
- c) said first cord attached to said handle to form a first loop; said first loop is formed by attaching a first portion of said first cord to a second portion of said first cord; a section of said first loop is on or inside a portion of said handle.

38. The exercise device of claim 37 wherein said first end and said second end are inside said handle.

39. The exercise device of claim 37 wherein said first cord is attached to said handle by a washer having two holes through which said first cord passes.

40. The exercise device of claim 37 which further includes a weighting material or a cushioning material surrounding a portion of said first loop.

41. The exercise device of claim 37 wherein the distance from the handle to the furthestmost point of said first loop is between 10 to 24 inches.

42. The exercise device of claim 37 which further includes a second loop attached to said handle.

43. An exercising device that is held and rotated in use comprised of two units; each unit to be held in each hand of a user; said units each comprised of:

- a handle, an elongated first element attached to said handle, said elongated first element does not form a loop; and whereby said elongated element provides weight and air resistance during the rotation of said elongated first element.

44. The exercise device of claim 43 wherein said elongated first element is comprised of a first cord attached to said handle and a soft flexible element attached to said first cord.

- 1 45. The exercise device of claim 43 wherein said elongated first element is comprised of a first
- 2 cord attached to said handle and a soft flexible element surrounding a portion of said first cord.
- 3 46. The exercise device of claim 43 wherein said elongated first element is comprised of a first
- 4 cord attached to said handle and a plurality of soft flexible elements surround a portion of said
- 5 first cord.
- 6 47. The exercise device of claim 43 wherein said elongated first element is comprised of a first
- 7 cord attached to said handle.
- 8 48. The exercise device of claim 43 wherein the distance from the handle to the furthestmost
- 9 point of said elongated first element is between 10 to 24 inches.

10

TOTAL OF 10 PAGES